

Vacation Beauty Hints And First Aid Course

By PAULINE FURLONG

What to Eat, How to Exercise, and What You Should Do to
Get the Most From Your Outing.

Cause and Treatment of "Windburn."

WINDBURN is caused by swiftly moving hot or cold air coming in contact with the skin. Sensitive skin suffers the most from windburn, and the severity of the burn depends upon the length of time the skin is exposed and the temperature of the air at the time of exposure.

Windburn may cause a painful, swollen and blistered condition of the skin. A slight redness, or a severe case of windburn, may be relieved by applying a cold water after-shave, as well as another application of cold water each morning, to keep it in active, healthy condition.

Automobile and sailing trips when the face is protected from the rays and glare of the sun and water, usually cause windburn, especially when the skin is not accustomed to exposure.

When the circulation of blood to the face is stimulated and kept active at all seasons of the year, through proper treatment, there is little danger from windburn. The skin should have a nightly bath with warm water and pure castile soap and a thorough rinsing with cold water afterward, as well as another application of cold water each morning, to keep it in active, healthy condition.

The soft skin and clear pink complexion are desired beauty essentials of every woman, and proper living and a little external care will bring these within the reach of all.

A little of some pure and cream should be thoroughly rubbed into the skin and then all of the excess should be wiped away with a clean, soft cheesecloth. After this the face and neck should be dusted lightly with powder, and a chignon veil, preferably a dark green one, worn to protect the eyes, as well as the skin, from sun and wind, before going for a ride, walk or sail.

To-morrow I shall tell how to massage the face to keep it in good condition.

FIRST AID LESSONS.

No. 41.—Arm Slings Made From Triangular Bandage.

PLAID one end of the triangular bandage over the shoulder of the injured arm. Bend the elbow of the injured arm at right angle, which will bring the forearm across the middle of the bandage. Then bring lower end of bandage over the shoulder of the injured arm and tie to the upper end behind the neck. Bring the point of the bandage at the elbow forward to the front and pin there so that bandage is snug but does not pull. A good emergency bandage is made for the arm by pinning the sleeve or the skirt of the coat to the front of the chest. The folded triangular bandage or cravat may also be used for an arm sling, and for this it is used in the form of a loop, which encircles the forearm, bent at right angle, and the neck.

Answers to Health and Beauty Questions.

TO INCREASE THE SIZE OF CHEST.—N. C.—More activity of the chest and lungs will increase the size of lungs and chest and also render the chest more flexible. Expanding the chest enlarges the lungs and gives them a larger space in which to work. Exercising and deep breathing are the two essentials for expanding the chest.

AFTER DINNER NAP.—MRS. A. M.—No, the after-dinner nap is not healthful. The nap should be taken before and not after dinner. Digestion is retarded during sleep. When one becomes very sleepy after eating it is the surest sign that too much food has been eaten and that the lungs need some fresh air. Most certainly the brain should be active to insure sound, restful sleep and the stomach must be empty to do so.

SINGING AND DOUBLE CHIN.—MRS. GERTUDE N.—Yes, I have heard many say that singing practice has caused the double chin and about the neck. Head turning.

Timely Hints For Canning

CAN greens the day they are picked. Wash clean, sort thoroughly, allowing no foreign matter to remain. Pick the greens of all kind, dry and decayed or diseased leaves. Place the greens in a crate or cheesecloth and blanch in live steam either in an improvised home-made steamer or regular commercial steamer for fifteen minutes. Remove the greens and plunge quickly into cold water. Place on the table and cut into convenient lengths. Pack tight in hot jars or tin cans. Add hot water to fill the container and season to taste. Product will be slightly improved if a few strips of boiled bacon or chopped beef are added. A little olive oil also improves the flavor. If using glass jars, place in water. Place position, partially sealed. If using tin cans, cap and tip completely. Sterilize for 120 minutes.

Blanch fresh corn on the cob five minutes. Cold-water quickly. Cut the corn from the cob, cutting from tip to butt. Seal the tomatoes one and one-half minutes and cold-dip. Remove the skin and core. Chop tomatoes into medium-sized pieces. Mix thoroughly with one part of corn. Pack the mixture in hot glass jars or enameled tin cans. Add a level teaspoonful of salt per quart. Put rubbers and caps of jars in position, not tight. Cap and tip tin cans. Sterilize 120 minutes.

Use one part of corn, one part of green string beans, and three parts of tomatoes. Blanch fresh corn on the cob for five minutes and cold-dip. Cut the corn from the cob, cutting from tip to butt. Seal the tomatoes one and one-half minutes and cold-dip. Remove the skin and core. Chop tomatoes into medium-sized pieces. Mix thoroughly. Pack the mixture in hot glass jars or enameled tin cans. Put rubbers and caps of jars in position, not tight. Cap and tip tin cans. Sterilize 120 minutes.

Strawberry preserves—Select ripe, firm berries. Pick and preserve the same day. Hull and rinse. Place in a shallow platter in a single layer; sprinkle sugar over them; pour over then 50 degrees syrup (same as strawberry preserves), but thicker. Cover with a glass dish or a plain window glass. Allow them to stand in the hot sun eight or twelve hours. Pack in hot glass jars or enameled tin cans. Put rubbers and caps in position, not tight. Cap and tip if using enameled tin cans. Sterilize twenty minutes.

BEST NOVELS PUBLISHED
ON THIS PAGE COMPLETE
EVERY TWO WEEKS.

Life's Little "Ifs"

By Jack Callahan



TOSSING A FULLY DRESSED CHAP IN THE WATER WHEN HE VENTURES ON THE BATHING FLOAT IS ALWAYS A BIG LAUGH PROVOKER - AND



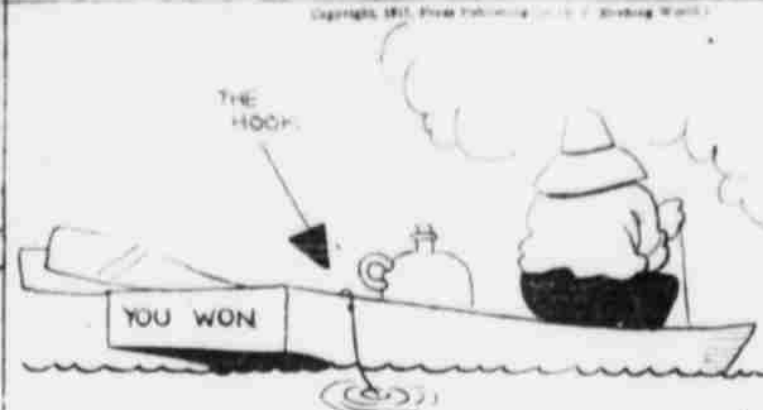
AT FIRST THOUGHT YOU'D IMAGINE NEGLECTING TO BAIT HIS HOOK WOULD BE THE CAUSE OF THIS FELLOW'S LUCK



THIS GEEZER GOT MARRIED TO DODGE MILITARY SERVICE AND MIGHT HAVE BEEN SUCCESSFUL



IF LUKE HADN'T BEEN TOO HASTY HE MIGHT ALSO HAVE ENJOYED THE JOKE.



IF ON SECOND THOUGHT WE DIDN'T DISCOVER THAT AS A FISHERMAN THIS PARTY WAS NOTHING BUT A 'POOR FISH.'



IF THE GIRL HE CHOSE HADN'T UNCONSCIOUSLY BEEN A RECRUITING AGENT.

MY FOURTEEN MONTHS AT THE FRONT

LIFE IN THE TRENCHES FROM DAY TO DAY
Told by William J. Robinson
An American "Tommy" Who Has Seen It All

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SYNOPSIS OF PUBLISHING CHAPERS.

CHAPTER XI.

(Continued)

At last we came to the place where the communication trench began and I explained it to him. The trench lay about 100 yards off the road, running parallel to it. It was awfully muddy and one of the dirtiest holes to get to that I ever saw. He noted this and wanted to stick to the road, so I shut up and said no more for a few minutes.

Pretty soon a few shells began to come over, and I could see them bursting further up the road. I spoke again and pointed out the danger we were running into. He had to consent then, so we slipped and slid through the mud and finally got into the trench. It was easy after that, and we reached the trenches just in time to have some lunch.

In the afternoon he was shown all through the trenches there and then came back and asked to see some bombs thrown. They threw some bombs for him and then started firing rifle grenades. Everything was lovely until about 4 o'clock. Suddenly something whizzed over and landed in a trench not a dozen feet from where we were standing. I didn't want to see what it was. I didn't even hesitate. My feet just acted automatically, and I think I broke the world's record for the standing broad jump right then and there. As it happened, the thing didn't explode, and it's a good thing it didn't, for the Colonel just stood and watched it.

Soon after this he decided to go back, so we returned the same way we had come, and all the way back he had me picking up shell noses and pieces of shell until, when we reached the car again, I resembled a junk wagon.

To put the finishing touches on it

game. I just happened to glance into the glass of the periscope, and there was his whole head and shoulders showing above the little parapet.

I pulled the trigger, and he seemed to disappear almost at the same instant. It sounds rather long to tell about, but it all happened in the fraction of a second. I didn't know whether I had hit him or not and I was beginning to doubt it when some one threw his body out and went on digging in his place. I had fired nearly 400 rounds of ammunition to get one German, but I felt rather sick at having been finally successful.

Around 5 o'clock we started back to the car, and as we were going through the wood we saw one of our poor fellows sniped. We had several batteries of artillery in the vicinity, and this chap was an artilleryman. He was walking up a path which joined the one we were on, the junction of the path being about 100 yards ahead of us. We could hear the poor devil whistling as he came along, but his whistle was cut short by the crack of a rifle. We rushed to the spot where he had gone down, and we found that he had a bullet through his right lung.

I got out my field dressing bandage, and we bound him up, tying the pad on the bandage tight over the bullet hole. We carried him down until we came to the artillery quarters, and there we gave him over to his comrades, who rushed him to the nearest field ambulance. I do not know whether he recovered or not; I have often wondered about it.

We found our car where we had left it, and we were back at Headquarters before dark. On the way back the old Colonel made a remark that I believe he really meant. He said, "I've enjoyed these two days immensely, and it brought back the days of my youth. Fate has decreed that my body shall remain in England, but God knows that my heart lies with you boys out here in the trenches."

CHAPTER XII.

RATHER funny thing happened soon after this which shows what a man who doesn't know the ropes will do when he gets excited. There was a very strict order to the effect that no man other than one detailed for the work should touch or in any way disturb an unexploded enemy's shell. A heavy penalty was imposed for disobeying this order, and no one but

man who didn't know any better would think of doing it.

A new regiment came up and went straight into rest camp before going into action. A private in this regiment happened to run across an unexploded shell one day and, being the first he had ever seen, he was greatly excited. He picked it up and came dashing into camp with it. Before showing it to any one else who knew any better he went straight to his commanding officer to exhibit his find.

"Oh, look what I found, sir," he said. "It's a German shell that hasn't exploded."

"Is it, really?" said the officer. "Well, I'll tell you what you can do with it. You will take it into that field and you will dig a hole five feet deep, and you will bury your find there, providing, of course, it doesn't explode in your hands before you have time to carry out this order. Corporal! Fall in two men and see that this man obeys the order!"

You may be sure that that man never so much as looked at an unexploded shell after that.

During the time I was at the front I put six automobiles out of commission. According to an estimate made after a year of war, the average life of an automobile is eight days, and the life of a horse is about thirty hours.

The first auto I lost was due to engine trouble and I had to abandon it for the salvage company to take care of. The second one was destroyed by a shell in the city of Ypres while I was having some dinner. The third one I lost during the scrap for Hill 60. I got stuck in the middle of a field, and as it was in doubtful position I set fire to it and trusted to luck that I had done the right thing. The other three were used up by the fearful condition of the roads.

We knew several days before the attack came on Hill 60 that there was something in the wind. Our mining and tunneling companies had been working day and night, and I noticed that the artillery seemed to be concentrating in that vicinity. Reinforcements were brought up, and everything seemed to point toward some doings in the near future.

Two days before the attack came off I was warned to hold myself in readiness to take a motorcycle machine gun into action, but I was not told anything about when I was likely to be wanted.

Still 60 itself had hardly any right

The Home Dressmaker's Summer Wardrobe

Planned by Mildred Lodewick

Pretty Design for Late Season Frock.

The Evening World presents three designs by its fashion expert for the woman in social costume this summer by making a few changes.

THE first of the three designs is a simple, elegant, and comfortable frock of pale lavender or pink, with deeper lavender velvet or faille ribbon bows; pale blue, with pink flowers, and deeper blue velvet ribbon and pale salmon pink with sapphire blue ribbon bows and roses shading into the pink of the dress. Always the lace should be cream.

There are numerous beautiful color combinations possible in this frock besides the one suggested, among them being pale lavender and pink, with deeper lavender velvet or faille ribbon bows; pale blue, with pink flowers, and deeper blue velvet ribbon and pale salmon pink with sapphire blue ribbon bows and roses shading into the pink of the dress. Always the lace should be cream.



A DRESS FOR MID-AUGUST THAT CAN BE MADE QUICKLY.

is plain, with only cordings as trimmings. MRS. E. Self color: Georgette crepe, or if contrast is desired, gray or tan Georgette would combine well.

Fashion Editor Evening World

I must make a simple but pretty dress to wear to an afternoon wedding, and ask your advice as to fabric, style, etc. Am fifty years old, have gray hair, rather dark complexion, but clear and with color, gray eyes. Am about a 36 size. MRS. H.

Gray chiffon and silver embroidered gray lace, sapphire blue or purple faille ribbon bow.

Fashion Editor Evening World

I would like to make a pretty afternoon dress of pale blue voile. Am thirty-three years of age, have reddish light hair, weigh 140 pounds, rather straight hips, with a 30-inch waist measurement and 27-inch bust. I hope you will design something becoming for which I will be most grateful. M. H.

Embroidery in lavender, pale blue and green. Irish headband to finish neck, sleeves and waistline.

Fashion Editor Evening World

Will you please suggest a way to make up 5 yards of light weight, dark blue serge for a coat dress or one-piece model to wear when traveling, as that is my business, and I must have smart things. I am thirty years of age, 5 feet 4 inches tall, weigh 125 pounds, 35-inch bust. MRS. C. C.

Dark blue satin coat and cuffs. Cherry red buttons, or novelty steel cut ones.

Fashion Editor Evening World

HOW THE DISASTER OCCURRED. A GENTLEMAN in Cincinnati employs two negroes to work on his rather extensive garage, which he personally oversees. One morning Sam did not appear.

"Where is Sam, George?" he asked. "In the hospital, sir."

"In the hospital? Why? how in the world did that happen?"

"Well, Sam, he been a-tellin' me every mornin' for ten years he gwine to lick his wife 'cause of her naggin'."

"Well, yesterday one gone ova-near him. Doo's all." — Ladies' Home Journal.

THE GREEN-GOODS KING By Arthur B. Reeve

Another Fascinating Story of Craig Kennedy, the Scientific Detective

WILL BEGIN ON THIS PAGE MONDAY, AUG. 13